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Watch for
our next
SACWN
newsletter
in the first
part of
February.

Holiday Social

December 10, 2005
At the Liquid Bar and Grill
3348 S Street

6:30 PM

There will be:

A Raffle
(must be present to win)

Hors d'Oeuvres

Lesbian Trivia

Pool and other games

\$5 admission

**Proceeds donated to the Susan G Komen Breast Cancer
Foundation**

Lots of great stuff to be raffled:

***Talk About It* donated a beautiful wind turner**

***Night Star Candles and Gifts* donated a 2 layer crystal gel candle**

***PartyLite* donated a 7" pillar candle**

***Out and About* donated 2 leather colors and 2 rainbow colors bracelets**

***Cloud Nine* donated a 3' X 5' rainbow flag**

***A Private Party* donated \$100 cash to be a raffle gift**



THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP
COMMITTEE
Cindy

NEWSLETTER AND
WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
Margaret

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/
SPECIAL PROJECTS
(open)

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@comcast.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use.

BUSINESS ADS: Camera-ready ads are \$60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.
2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.
3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".
4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (Jan. 5, Feb. 2 and March 2). We will now be meeting at Butch N' Nellies at 1827 I Street. Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

Happenings in the Community & A Smile

Camping Women Activities

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org. For local information e-mail Sharon: shtaylor@dfg.ca.gov.



Lavender Library Events:

For more information about all their upcoming films, go to the Lavender Library site: <http://www.lavenderlibrary.org/>

Lambda Players Theater

November 25-December 15

"1 Christmas Carol in 10" Instead of seeing the same old version of this Dicken's classic year after year, come see it Lambda Players Style. Find out the secrets behind Scrooges bitterness; he and Marley were more than just business partners - they were lovers!! Making it's hit debut with Lambda 10 years ago, the author has freshened up the script and music just in time for our first holiday season in our own theatre.

Where: The Lambda Players Playhouse
2427 17th Street, Midtown Sacramento, CA

Info: Phone (916) 444-8229,
www.lambdaplayers.com

"Happiness is like jam. You can't spread even a little without getting some on yourself."

– Anonymous



Happy News

I was tired of hearing, seeing and reading about violent, sad and disgusting stories on the news. Then I discovered the *Happy News* website. Now every time I open up my web browser I can check out positive events happening in the world. This is their credo:

"Real News, Compelling Stories, Always Positive" is what you'll find on HappyNews.com.

We believe virtue, goodwill and heroism are hot news. That's why we bring you up-to-the-minute news, geared to lift spirits and inspire lives. Add in a diverse team of Citizen Journalists reporting positive stories from around the world, and you've got one happy place for news.

They'll send you an email every day so you can see all the positive things that are occurring in the world. Start your day out with something uplifting that you can share with friends. Go to www.happynews.com.

Special Interest Groups (SIGS)

Do you have an idea for a new special interest group?

Come to our Monthly Steering Committee meeting and present your idea.

We're always happy to offer more groups in which our SACWN members can participate!

Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversations.

To find out where the next Couples Dinner is going to be, please contact:
jazlady88@hotmail.com. Hope to see you soon!

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

A BIG thank you to Dot and Betty for, once again, opening their home and hosting a fun-filled Halloween party! If you missed it, you missed a day of fun and laughs! Costumes were great-very creative, and the food--excellent and plentiful as always! Thanks also to Linda Woods, without whose help we would never be able to get these activities off the ground! She is there to set up, organize the buffet, and most importantly, to clean up! Kudos' to Linda! We appreciate all your work! Taking the costume contest by storm were The "Retirement" Village People. They entered complete with canes and walkers, spelling out

"AARP", to the tune of the Village People's, "YMCA". Members were: Joyce (cowboy), Jamie (policeperson), Kathleen (Native American), De (leather enthusiast), and Carol (construction worker). Other awards went to Dot and Betty: as a Flamenco dancer and jester, respectively; Leta as a Lab Assistant offering "Free Mammograms" - complete with a box instructing you to "put your boobs here!". Unfortunately, I don't think she had any takers! A new member, Rosemary, came as "Mixed greens with dressing on the side", wearing 4-5 different colors of green clothing and a bottle of salad dressing hanging from her belt! One of our "other" Bettys, came as spider woman, and does she have the figure for that slinky black dress! Way to go Betty!



CHRISTMAS PARTY

WHERE: Dot and Betty's

WHEN: Saturday, Dec. 17th, 1:00 P.M.

(NOTE: we're starting a little bit earlier because of the white elephant gift exchange) Call 916-456-2577, by Wed, Dec. 14th to RSVP and to get address/directions. Please bring a side dish to share, your own drinks, and a White Elephant Gift for the gift exchange

Reminder: Dot & Betty are collecting clothing and toiletries for Maryhouse (homeless adults and children), and monetary donations for lip balm. The sisters at Maryhouse are most appreciative for all your contributions. We always receive a lovely thank-you letter from them. If you wish to see it, just ask Dot or Betty!

SIGS and Other Groups Of Interest

Simply Single is open to all singles regardless of age. Our group is for single women who live in the greater Sacramento area. We are happy to announce that Margaret and Nicola are going to be our new leaders for the Seasoned Singles. You can contact Margaret at sacto2251@aol.com or Nicola at kingsgrrrrl@aol.com. Thanks so much to Margaret and now Nicola, too for volunteering to lead this wonderful group.

Simply Single - On Going Activities

Women's Music - For concert information contact Mary at 916-395-4147 or e-mail MaryStoschke@webtv.net.

Poker on the second and fourth Friday of each month. Contact De D. at 916-927-3304.

Movie Group - The Singles movie group attends showings of top movies together about once a month, usually at the Tower or the Crest Theater, but sometimes at more commercial theaters depending on the film involved. The group often meets for lunch before, or dinner afterward to discuss the movies. To get on the list to be notified of movie group outings, contact Joy Fisher at jfisher979@aol.com, or call her at (916) 567-1045.

More Sigs Through SACWN

Arts and Entertainment Group (A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you're interested in participating in or coordinating an event, contact Dee at 443-2377.

Want to know what else is happening in the area?

Check out these groups:

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 95, El Dorado, CA 95623. Website: www.itsfnews.org/home.html

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League. Contact person is Tom Lane. 916-635-1535.

The Gay & Lesbian Sierrans is another group you may enjoy. They do day hikes and weekend camp trips. www.motherlode.sierraclub.org/gls.

Tina Reynolds Uptown Studios is at 912 1/2 J Street (inside the orange door). Tina has art shows, and lots of great activities. Get on her e-mail list and she'll keep you informed of the latest GLBT activities in town - tina@uptownstudios.net

Sac Sisterhood Group is an African-American group of women who love women in Sac called the SacSistahood. Our group has been meeting for one year as a social network for black women who identify as same-gender-loving.

<http://www.sacsisterhood.com/list.php>

Women On Wednesdays - Meets at the Lambda Center from 7-9:00. There's always a lively discussion. On the 2nd Wednesday, there's a potluck. On the 4th Wednesday, there's entertainment. To find out more go to their group at <http://groups.msn.com/WomenOnWednesdays>.

Health Tip

Health Tip

Taken from the HSI Healthier Talk community forums. Their web site is: www.hsibaltimore.com. Just choose "Forum," and join in with any of the dozens of discussions about nutrition and natural health care.

Reducing your risk of catching a cold

Block that Cold!

Your chance of catching a common cold this season is far greater than any chance of being infected with the bird flu (unless you happen to live in Asia and raise chickens for a living). So for the moment, let's put aside those frightening reports about a devastating pandemic and focus on a real world concern: How to reduce your risk of catching a cold.

A new study from Canada reveals that a popular botanical extract may help you get through the cold and flu season with a smaller chance of falling victim to the sniffles, coughs, congestion, etc.

Can ginseng help prevent or lessen the symptoms of the common cold? That's the question a joint team from the University of Western Ontario and the University of Alberta set out to answer.

According to the UWO/UA team, ginseng extracts "have been found to have the potential to modulate both natural and acquired immune responses." To test this potential against the common cold, researchers recruited nearly 280 subjects between the ages of 18 and 65. To qualify for the study, subjects had to confirm that they'd had at least two colds in the year before the trial began. Subjects were divided into two groups: 130 received 200 mg of ginseng extract two times each day, and 148 received placebo.

At the conclusion of the four-month trial (which started at the beginning of flu and cold season), 10 percent of the ginseng group reported two or more colds. That percentage was more than doubled in the placebo group.

Two other key results:

- Average number of days in which cold symptoms were reported was less than 11 in the ginseng group, but more than 16 in the placebo group
- Using a four-point scale to score symptoms, those in the ginseng group had a significantly lower overall score compared to the placebo group. There are three types of ginseng: oriental ginseng (cultivated in China and Korea), Siberian ginseng and North American ginseng. A standardized extract of the latter ginseng type was used in the Canadian study. And in the interest of full disclosure it should be noted that the extract used was a supplement called Cold-fX, produced by CV Technologies, a company that's associated with the University of Alberta.

But this isn't the first trial to demonstrate ginseng's benefits against seasonal viral infections.

In a study published in the Journal of the American Geriatric Society last year, researchers enrolled nearly 200 elderly subjects to receive either 200 mg of North American ginseng extract or a placebo twice each day during flu season. At the end of the season, researchers found the incidence of laboratory-confirmed influenza to be considerably higher in the placebo group than among those treated with ginseng. They also noted that the treatment was well tolerated.

Native Americans commonly used North American ginseng to reduce fevers and boost immune function and energy. This ginseng variety may also be helpful in relieving hot flashes in menopausal women.

Puppy Talk and Money Talks

How To Pick a Puppy

I recently acquired a puppy. I was very nervous about knowing how to pick out a puppy that had the personality I was looking for. Then I came across this website: <http://landofpuregold.com/puptest.htm>.

It was just what I needed - specific and to the point. Also, the tests you gave were very easy and quick.

Based on the reaction of the puppy, you can determine it's degree of social attraction to people, willingness to follow a person, degree of dominance or submissiveness, degree of acceptance of social dominance by a person, degree of willingness to do something for you and degree of sensitivity to touch and sound and even more!

We looked at about 8 puppies and once a puppy responded to the degree we wanted to the first 2 or 3 tests then we continued. We ended up with the sweetest thing.

So if you're looking to get a puppy, check out their website for some help in picking out one that fits in with your household. Website: <http://landofpuregold.com/puptest.htm>

Here's a picture of my puppy. I just had to share.



You'll find the website for the following information at:

<http://www.martinweiss.com/Index2.asp>

The Glories of "Dull, Boring" Treasury Bills by Martin Weiss

Most people think Treasury bills are dull and boring investments. Others don't even consider them investments to begin with. That's too bad. Because Treasury bills offer some major, hidden advantages.

Advantage #1: Principal protection. While most stocks and long-term bonds are vulnerable to steep losses, Treasury bills (or money funds invested exclusively in short-term Treasuries and equivalent) are guaranteed to protect your principal no matter what.

Advantage #2. Rising yields. The latest quarter-point hike by the Fed in its key interest rates isn't much. But the cumulative effect of the Fed's 12 rate hikes to date has been to quadruple the yields on short-term money markets like Treasury bills. This rise in T-bill yields is going to continue.

Case in point: If you had invested \$100,000 in three-month Treasury bills starting at the beginning of this century, you'd have about \$117,495 now. That's a gain of 17.5%. The same \$100,000 invested in the Standard & Poor's 500 Index would be worth just \$82,700 — down 17.3%.

Advantage #3. Exempt from local and state income taxes. This is something most people don't pay much attention to. But when you're comparing CD rates with T-bill rates, it can make a significant difference, especially if you live in a high-tax state.

Advantage #4. Liquidity! No, I'm not recommending that you park your money in Treasury bills indefinitely. But when it comes time to jump back into other opportunities, you'll want your money to be available almost instantly.

Upcoming Events

SACWN Valentine Dance

We will not be holding the Valentine Dance this year do to scheduling conflicts and lack of help. We hope that in the future we can continue having our traditional dance.

BACW and NCLR Present... San Francisco's Premier Lesbian Event

DANCIN' ON TOP OF THE WORLD

New Year's Eve 2006

An Evening of Elegance High Above the City at
the **Carnelian Room**

555 California Street, 52nd floor, San Francisco
Saturday, December 31 2005

8:30PM - 1:30AM \$110

Dance All Night DJ Claudia (Club Savoy) oldies,
salsa, reggae, R&B, big band, ...

Gourmet Hors d'Oeuvres ~ Fabulous Desserts
Party Favors ~ Champagne Toast Breathtaking
Panoramic Views of San Francisco

Purchase your tickets early - this event will
sell out. Go to: <http://www.bacw.org/nye06/tix.htm>

About the Carnelian Room

This year, we have the entire floor (360°),
except the public dining area.

Including a separate lounge area for quiet
conversation.

Our rooms overlook Alcatraz, Coit Tower,
the Transamerica Pyramid, the Bay Bridge,
and the Golden Gate Bridge.

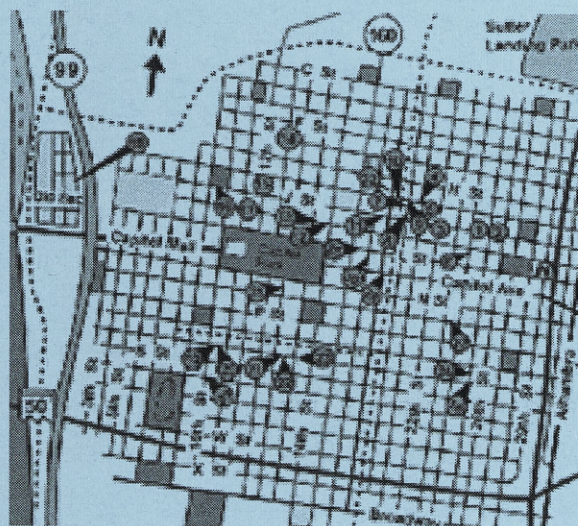
For movie trivia buffs, the Carnelian Room
is the lavish restaurant featured in the Clint
Eastwood movie "Dirty Harry". Located

on the 52nd floor of the Bank of America
Building, at 781 feet, it is the highest man-
made perspective from which to view San
Francisco and the Bay.

What is Sacramento Second Saturday Art Walk?

On the second Saturday of each month,
galleries in Sacramento, California stay open
for a Sacramento Art Walk late into the
evening, with some serving refreshments.
Second Saturday is a night to wander about,
visit galleries and have fun! Many galleries
feature new works by local artists and new
showings. It's an opportunity to take an art
walk, meet the artists, people watch, socialize
and enjoy time with friends and maybe buy a
piece or art or two. Come out and support the
arts! It's fun to walk from gallery to gallery.

Go to their website for more information: <http://www.sacramento-second-saturday.org/>



A Fish Story

At 5:00 a.m. on a Michigan body of water—be it a lake, river, stream or pond—a visitor can be inundated with a myriad of sounds. The slow, rhythmic, lap of waves reaching the shore after a night of travel is indeed soothing early in the morning. The solitude allows me to think back of a tale told to me at a young age.

The story goes that a little wave was so distraught after reaching the sand that he broke down in tears fearing he would be no more. Until others responded, "Little wave, you are just part of the big ocean!" The little wave then trickled back into the sea to start yet another journey. Stories from the past are why I fish.

The plops of fish on calm waters in the early morning make an angler's heart race. The head turns quickly in an attempt to see what it was that raised so quickly and, like an Olympic diver, reenter with only splash rings remaining, spreading like oil on the water. In fact, when the boat engine is cut or the paddles raised, the serenity of a moment like this is spine tingling. Witnessing the breakfast of a variety of species is why I fish.

With a headlamp, waders, rod, small tackle box and bait, I descend the muddy bank of my favorite river. The eastern sky is lit brightly with an easel of colors, making my climb down to the waters edge flash light free. The squish and clomp of my wading boots seem to be twenty decibels higher than they need to be. As I approach, there is an eerie screech reverberating from the tree line. The Blue Heron's hollering momentarily blocks out the

roar of the rushing water. Alone on a river, witnessing the creatures who live in or near it is why I fish.

The finger pier is empty of anglers on this particular morning. Many fishermen will be approaching the mouth soon to test their skill against the steelies that are now making their way in. The rapid flow of water cascades down boulders forming a chaotic scene as it bubbles back up. My line remains steady in the calm water beyond the little falls.

I remember not too many years ago bringing my two children here. Armed with fishing gear, Barbies and GI Joes, we had claimed our spot. Amid the yelps of lucky fishermen and those who weren't so lucky, I heard the laughter of my kids. Today, even though both are teenagers, I can still get them to "wet a line" with me. It is because of these memories that I fish.

Every so often I feel like the little wave that thought his purpose was gone when he reached the sandy shore. However, the memories, the stories, the sights that a morning offers keep me trickling back to the waters I fish in. I have this sense that if I don't, it will be the end of something. This is why I fish.

This story was produced by Happynews Citizen Journalist Rick Fowler. Rick Fowler is a High School English teacher in Boyne City, Michigan and a regional outdoor freelance writer.

SACWN's Advertising Rate

Business ads are just \$60 per year!

Don't miss out on the best deal in town!

E-mail us sacwn1@yahoo.com and let us advertise your business to our membership.



Couples, Families, Individuals

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to a lesbian couple @ 475
per month plus 1/3 utilities.
209 933-6279 Leave msg.

SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): ☐ Regular \$24.00 ☐ Sustaining \$48.00 ☐ Limited Income \$12.00

Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

☐ I/we would like to receive the newsletter electronically.

E-mail Address: _____ (if different from above)

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**Mail to: **SACWN**

PO Box 19036

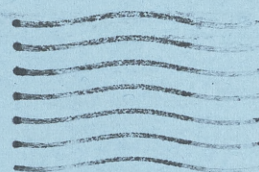
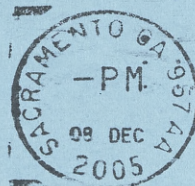
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Want to contact us? SACWN has E-mail! You can send E-mail to:
SACWN1@yahoo.com

No computer? Try your local library. They have computers you can use to send E-mail.



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